

LIFEED

NEW PARENTS

Becoming parents creates an extraordinary “development window” where the brain can learn better because it optimizes synapses. This program transforms parenting experience into a training ground for soft skills that are essential for professional growth.

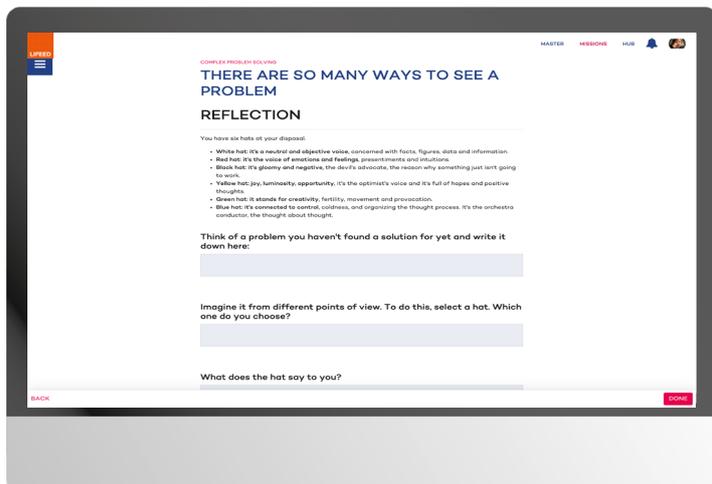
When people become parents, the requests from the outside world increase both in number and complexity, making them better at collating data and understanding how to behave.

The Lifeed New Parents program offers a greater awareness of the accumulation of roles and skills trained by parenthood, by seeing them as resources.

Thanks to the exercises and real life missions, parents are able to build, manage and translate these transferable skills into family and working contexts.

When companies value parenthood, people feel seen, recognised by their talent, proud to be a part of it.

This favours a sense of belonging in the company and subsequently improves personal wellbeing, motivating people and reassuring them that the business both invests in and values parenthood.



WHO IT'S FOR



Mother and fathers with children under 3 years old. Expectant women and mothers on maternity leave.

HOW IT WORKS



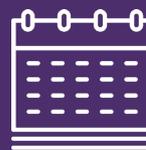
An online program via a dedicated web app with practical application though day-to-day life.

WHEN



We advise dedicating 20 minutes a week.

HOW LONG IT TAKES



The program lasts for a period of 6 months. It is available for 12 months after registration.

WHAT LIFEEDNEW PARENTS PROGRAM OFFERS

TRAINING MODULES

Micro-learning modules with reading materials, media, self-assessments and open-ended questions that stimulate reflection and self-narration. They connect learnings with personal experiences and suggests how to apply them to the workplace (and vice versa).

TRAINING GROUNDS

12 training grounds, each one is dedicated to a soft skill. The initial self-assessment allows participants to rank their skills, before giving them guidance on how life experiences improve those same skills. At the end, there is a space to reflect and gain awareness of skills.

REAL LIFE MISSIONS

An opportunity to apply learnings to real life situations, both at home and at work. Participants reflect on their behaviours and become more aware of skills and their improvements, thanks to the Life Based Learning method.

BACK TO WORK

A final project work to apply learnings and parenting experiences to workplace.

REPORTING

The company receives regular reports on sentiment, trends and analytics within their own employee population, as well as benchmarking with other companies.

HUB

A space to share thoughts, experiences and feelings that make parenthood a unique and intense life experience. It's a space to connect with parents from other companies.

DIARY AND CERTIFICATE

Participants download a PDF diary, a keepsake of personal reflections drawn together throughout the program. They also receive an attendance certificate.

LIFE BASED LEARNING

Harnessing the power of life transitions for soft skills learning

Each life transition holds an extraordinary learning potential. The Life Based Learning method activates it. It improves key skills by up to 35%, lower stress levels (90% of participants feel "stronger") and unlock hidden talents. People feel like they can bring their whole selves to work; it increases their motivation and engagement.

SOFT SKILLS TRAINED THROUGH LIFEED NEW PARENTS



RELATIONAL SKILLS

Empathy
Listening
Communication
Creating alliances



ORGANIZATIONAL SKILLS

Delegation
Time and priority
management
Knowing how to make
decisions
Complexity management



INNOVATION SKILLS

Complex problem
solving
Creativity
Mental agility
Vision and change
management



Available in the following languages:

- English
- Italian



Accessible from every type of device and operating system.



In line with the latest privacy regulations, participants' data is used anonymously for research and reporting purposes.

For further information, contact us on
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